



A Science of Medicine
The Art of Care

Humoral Herbal Infusions

Treatment in Tibb

As most disorders are associated with an accumulation of toxins (excess or abnormal humours) or an excess of qualities, so treatment, is aimed at eliminating these toxins and/or balancing excess qualities. This is in keeping with Hippocratic principle that all illnesses are caused by the ineffective digestion and elimination of the environment (Lifestyle Factors) Hippocrates used the term *dyspepsia* when referring to the inability of effective digestion and elimination.

Patients with abnormal/excess humours commonly present with multiple symptoms which in conventional medicine maybe considered as a separate, illness conditions. For example, a phlegmatic/sanguinous patient presenting with productive cough, frontal headache, urinary incontinence and mental depression would be considered as unrelated symptoms by virtually all conventional medicine practitioners. By contrast, a Tibb practitioner will conclude that these symptoms are all signs of imbalance of the phlegmatic humour which needs to be concocted and eliminated. The overriding principle of treatment in Tibb is to assist Physis in the elimination of humoral imbalances, whether from adjusting Lifestyle Factors, appropriate medication and/or hands-on therapies. The importance of elimination in treatment cannot be emphasized enough.

Importance of Eliminative Treatment

In Tibb philosophy, the ultimate cure is possible only when the diversion and elimination of toxins takes place from within the body occurs in the proper time, and in the proper way. According to Ibn Sina, elimination procedures not only dislodge or divert the diseased matter from the site of illness, but also direct the diseased matter for elimination to the appropriate exit routes. When the physician feels that there is an accumulation of waste products in the body, the need for inducing elimination becomes necessary.

Ibn Sina's guidelines on elimination

From Ibn Sina's classic textbook, the '*Canon of Medicine*', the following guidelines are noted:

- Elimination procedures vary in their degree of harshness (For example, purgation is much harsher than the use of laxatives).
- Some eliminative procedures require the use of herbs during the concoctive and eliminative process.

Restoring Humoral Imbalances

Varying degrees of excess or abnormal humours always exist in the body. As long as the body is not overburdened with the wrong diet (which produce more or excessive amounts of the non-ideal humours) or affected excessively and continuously by negative effects of the Lifestyle Factors, Physis has the capacity to deal with these abnormalities.

It is only when the excess or abnormal humours reach a level beyond the ability of Physis to rectify that they start manifesting themselves into disorders.

The excess or abnormal humours are eliminated simultaneously through the process of *concoction*, which means “*to prepare by mixing together*”.

In Tibb, concoction means the adjustment to a physical substance to make it suitable for expulsion from the body.

The constant production of humours and the changes to humours through the Tibb Lifestyle Factors leads to a certain amount of excess or abnormal humours being produced, concocted and eliminated. Illness conditions results when the accumulation of excess or abnormal humours is beyond the ability of Physis to rectify.

In this situation, changes to the dietary requirements as well as specific concoctive medication are used to facilitate the concoction and elimination of these excess or abnormal humours.

There are two possible options when dealing with excess or abnormal humoral states.

- Prescribe medication, lifestyle especially diet and other therapeutic options opposite to the humoral and/or qualitative imbalance.
- Avoid all factors that can produce the excess/abnormal humoral and/or qualitative imbalance.

In most illnesses, both options should be utilised to assist Physis in restoring balance.

Concoctive periods

Hakim Chishti, in his “Traditional Healers Hand Book “, describes the concoctive and eliminative process as being two separate processes. Chishti explains that the humours first have to be concocted or *ripened*, after which the concocted humours need to be eliminated with appropriate laxatives. The concoctive period for the bilious humour is *three to eight* days; the phlegmatic humour is *nine* days, and the melancholic humours *up to 15* days, using medication, lifestyle changes and other therapeutic measures.

However there are a number of arguments against these periods of concoction:

- Firstly, Physis is constantly working to concoct and eliminate excessive or abnormal humours – it is an on-going process.

- Secondly, the various abnormal states of the different humours will require different degrees or periods of concoction. For example, a salty phlegmatic humour, which needs thickening, may require a few days to concoct compared to a calcerous phlegmatic humour which may take longer, even months, to soften and ready for elimination.

[Research conducted at the Tibb Medical Centre in patients receiving concoctive and eliminative medication for excess/abnormal humours, have indicated that the prescribed concoctive periods, mentioned in various literature is not accurate as positive results have been obtained within a few days of treatment. These factors highlight the on-going work of Physis.]

Herbal infusions for concoction and elimination

As mentioned earlier concoction and elimination is an on-going process orchestrated by Physis to remove abnormal or excess humours. The information below provides guidelines on medication known for their action on concocting and eliminating the respective abnormal or excess humours - in addition to their pharmacological action.

Also as previously mentioned, the use of concoctive/eliminative medication, the process should be supported with the other therapeutic options, especially diet.

Sanguinous Humour Alterative

Listed below are herbs used in the alteration and purgation of the sanguinous humour, which can be used singly or in combination. These drugs work to pass the sanguinous humour through the urinary bladder via the kidneys:

- *Aspalathus linearis*
- *Borago officinalis*
- *Camellia sinensis*

Alterative to the sanguinous humour has a Moist & Hot temperament to clear excess sanguinous humour. This formula increases moistness thereby reducing the heat associated with sanguinous humour excess, correct imbalances of the muscular and glandular tissues and will assist in dysfunction of the renal system and circulation.

Common Name	Botanical Name	Temperament	Dosage
Marshmallow	<i>Althea Officinalis</i>	Moist & Hot	10g
Burdock	<i>Arcticum lappa</i>	Moist & Hot	10g
Uva-ursi	<i>Arctostaphylos uva-ursi</i>	Cold & Moist	10g
Rooibos	<i>Aspalathus linearis</i>	Moist & Hot	5g
Borage	<i>Borago officinalis</i>	Cold & Moist	5g
Green tea	<i>Camellia sinensis</i>	Moist & Hot	5g
Hawthorn	<i>Crataegus oxycantha</i>	Hot & Moist	5g

Method: Combine all dried ingredients. Add ½ - 1 tsp to 250ml of boiling water. Cover and allow to infuse for 15 minutes. Strain and add honey if necessary. This infusion can be given 1-2 times daily. Senna leaves or Laxotabs (1-2 tablets) should be taken every alternate day to facilitate elimination via the colon. Wet cupping is also recommended for the purgation of the sanguinous humour.

Phlegmatic humour concoction and elimination

The herbs used in the concoction and purgation of the phlegmatic humour are listed below. They can be used singly or in combination. These herbs work to pass the phlegmatic humour through the intestines:

- *Artemisia vulgaris* fruit
- *Commiphora mukul*
- *Cassia augustifolia*
- *Nigella sativa* seeds
- *Aloe vera* dried leaf latex
- *Lavendula officinalis* flowers

The herbs (*below*) are used in the making of a herbal infusion used for the concoction and purgation of the phlegmatic humour. This phlegmatic herbal infusion has an overall temperament of Hot & Dry - Cold & Dry, to overcome the cold and moistness associated with the phlegmatic humour, and also stabilize the imbalance between the nervous and epithelial tissues.

Common Name	Botanical Name	Temperament	Dosage
<i>Lavender</i>	<i>Lavendula officinalis</i>	Dry & Hot	15g
<i>Basil</i>	<i>Ocimum basilicum</i>	Cold & Dry	15g
<i>Cinnamon</i>	<i>Cinnamomum camphora</i>	Hot & Dry	5g
<i>Ginger</i>	<i>Zingiber officinale</i>	Hot & Moist	5g
<i>Fenugreek</i>	Trigonella foenum-graecum	Hot & Dry	15g
<i>Caraway</i>	Carum Carvi	Hot & Dry	5g

Method: Combine all dried ingredients. Add ½ - 1 tsp to 250ml of boiling water. Cover and allow to infuse for 15 minutes. Strain and add honey if necessary. This infusion can be given 1-3 times daily. Senna leaves or Laxotabs (2-3 tablets) should be taken every alternate day to facilitate elimination via the colon.

Bilious humour concoction and elimination

Listed below are herbs used in the concoction and purgation of the bilious humour. They can be used singly or in combination.

- *Cassia augustifolia*
- *Cichorium intybus*
- *Aloe vera* dried leaf latex
- *Foeniculum vulgare*

The table (*below*) provides a formulation for a herbal infusion used for the concoction and purgation of the bilious humour. The ingredients used have an overall quality of moistness, temperament being Hot & Moist - Cold & Moist, to overcome the heat and dryness associated with the bilious humour, and also stabilize the imbalance between the epithelial and the glandular tissues.

Common Name	Botanical Name	Temperament	Dosage
Chicory	<i>Cichorium intybus</i>	Cold & Moist	10g
Fennel	<i>Foeniculum vulgare</i>	Cold & Moist	10g
Milk thistle	<i>Silybum marianum</i>	Moist & Hot	10g
Mint	<i>Mentha arvensis</i>	Hot & Moist	5g
Barberry	<i>Berberis vulgaris</i>	Hot & Moist	5g
Rhubarb	<i>Rheum emodi</i>	Moist & Hot	5g

Method: Combine all dried ingredients. Add ½ - 1 tsp to 250ml of boiling water. Cover and allow to infuse for 15 minutes. Strain and add honey if necessary. This infusion can be given 1-3 times daily. Senna leaves or Laxotabs (1-2 tablets) should be taken every alternate day to facilitate elimination via the colon. Renotone (1 twice daily) will facilitate the elimination of the bilious humour via the kidneys.

Melancholic humour concoction and elimination

Listed below are common herbs used in the concoction and purgation of the melancholic humour. They can be used singly or in combination.

- *Artemisia afra*
- *Croton tiglium* fruit
- *Cassia senna*
- *Apium graveolens*

The table below lists ingredients for a herbal infusion used in the concoction and purgation of the melancholic humour. This infusion has an overall quality of heat, temperament being Hot & Dry - Hot & Moist, to overcome the cold and dryness associated with the melancholic humour, and also stabilizes the imbalance between the connective and muscular tissues.

Common Name	Botanical Name	Temperament	Dosage
Yarrow	<i>Achillea millefolium</i>	Hot & Moist	15g
Celery	<i>Apium graveolens</i>	Hot & Dry	10g
Licorice	<i>Glycyrrhiza glabra</i>	Moist & Hot	10g
Senna	<i>Cassia senna</i>	Hot & Moist	5g
Agrimony	<i>Agrimonia eupatoria</i>	Hot & Moist	15g
Barberry	<i>Berberis vulgare</i>	Hot & Moist	10g

Method: Combine all dried ingredients. Add ½ - 1 tsp to 250ml of boiling water. Cover and allow to infuse for 15 minutes. Strain and add honey if necessary. This infusion can be given 1-3 times daily. Laxotabs (1-3 tablets) should be taken every alternate day to facilitate elimination via the colon.

Purgation

Also known as laxatives or cathartics, purgatives are agents or activities which increase the frequency of bowel movement, or encourage the formation of a softer or bulkier stool.

Purgation is the cleansing of excess or abnormal humours – sanguinous, bilious, phlegmatic and melancholic – from the tissues, plus the purification of the blood toxins. A number of different herbs can be used as a purgative. When taking these purgatives, it is important to adhere to a restricted diet.

Commonly used agents are *aloe vera*, *jelapa*, *senna* and its derivatives, milk of magnesia, ispaghula husk, and other bulking agents.

Quality of the purgative

- For *sanguinous* conditions the purgative should be light. Wet cupping therapy is another mode of purgation for the sanguinous humour.
- For *phlegmatic* conditions the purgatives should be moderate to strong.
- For *bilious* conditions the purgative should be light.
- For *melancholic* conditions the purgative should be moderate.

Case Study Reports

Case Study Report 1

Initials: FJ

Age: 29 years

Gender: Female

Dr Name: Yumna Abrahams

Temperament: Sanguinous/Phlegmatic

First Consultation: 20/08/15

Presenting Signs and Symptoms: Sore throat, painful when swallowing, green nasal mucous, thick phlegm, red nose, facial puffiness, body aches, productive cough for 2/7.

Diagnosis (Humoural/Qualitative Imbalance): phlegmatic imbalance

Treatment: Phlegmatic herbal infusion, 1 cup three times per day. Laxotabs 2 nocte

Second Consultation: 21/08/15

Signs and Symptoms: Taste sensation improved, nasal congestion started clearing on the first day, body aches has settled after using infusion for a day, body feels more relaxed, slept well, patient used 2 teaspoons of the herbal infusion the night before, facial puffiness settled, nasal mucous clear/translucent. Patient currently using two cups of infusion three times per day, coughing is mild.

Treatment: Continue with the herbal infusion.

Third consult: 26/08/2015

Signs and Symptoms: Loss of voice, defaulted on treatment, had been in cold weather at functions the entire weekend, went swimming at night.

Fourth consult: 28/08/2015

Signs and Symptoms: Used a course of amoxil antibiotics, cough syrup for 3 days. Voice returned, but continues to have a productive cough and green nasal mucous. Would like to continue using the infusion.

Fifth consult: 31/08/2015

Signs and symptoms: green nasal mucous resolved, cough has started to become milder and phlegm from the cough started to become less. Had abdominal cramps when using infusion two teaspoons three times daily, patient reduced to one teaspoon per cup. Bowel movements has improved.

Sixth consult: 03/09/15

Signs and symptoms: Abdominal cramps has settled after reducing the infusion dosage to one cup twice a day. Cough has settled.

Case Study Report 2

Initials: MD

Age: 58 years

Gender: male

Dr Name: Beatrice Mukarwego

Temperament: Sanguinous/Phlegmatic

First Consultation: 20/08/15

Presenting Signs and Symptoms: Upper abdominal pain, headaches, vomiting, feeling warm, consumes heavily spiced foods. Hospitalized 8 years ago for the same symptoms. Stopped smoking 15 years ago. Epigastric tenderness on palpation.

Diagnosis (Humoural/Qualitative Imbalance): Gastritis H+D imbalance/ heat imbalance

Treatment: Bilius herbal infusion 1tsp tds, Renotone 15 2bd, laxotabs 10 2 nocte

Second Consultation: 26/08/2015

Signs and Symptoms: abdominal pain resolved after 1 day of using the infusion, nausea and vomiting resolved after the second day. Patient stopped using the infusion when symptoms resolved.

Case Study Report 3

Initials: RB

Age: 28 years

Gender: Female

Dr Name: Yumna Abrahams

Temperament: Melancholic/Phlegmatic

First Consultation: 31/08/15

Presenting Signs and Symptoms: numbing sensation in the left arm and left hand, phlegmy for 5/12 since she stopped smoking.

Diagnosis (Humoural/Qualitative Imbalance): melancholic imbalance/ c+d

Treatment: Melnacholic herbal infusion, 1 cup thrice daily. Laxotabs 2 nocte, renotone 15 2bd

Second Consultation: 02/ 09/ 2015

Signs and Symptoms: Patient reports the lameness sensation in the arm cleared after using the infusion for two days. Went back to work and then after typing for the day pain and numbness started again. Advised to continue with the tea. Phlegm became less.

Treatment: Continue with the herbal infusion.

Third consult: 08/09/2015 (telephonic consult)

Signs and Symptoms: Finished the infusion, the numbing sensation has cleared, she also noted that she had been resting the arm. The phlegm had resolved.

Case Study Report 4

Initials: A

Age: 33

Gender: F

Dr Name: Yumna Abrahams

Temperament: Phlegmatic/Sanguinous

First Consultation: 02/02/2015

Presenting Signs and Symptoms: frontal headache for 3 days, congested, phlegmy in the morning, tender frontal sinuses, throat slightly inflamed.

PMHX: Diagnosis (Humoural/Qualitative Imbalance) :Phlegmatic imbalance

Treatment: Phlegmatic herbal infusion 1 cup daily

Second Consultation: 03/02/2015

Signs and Symptoms: congestion relieved after 10 minutes of drinking the infusion. Felt a warm flushed feeling in the body. Frontal congestion improved.

Treatment: Continue with phlegmatic herbal infusion

Third Consultation: 05/02/2015

Signs and Symptoms: frontal congestion resolved, headaches resolved, throat cleared and phlegm has cleared.

Treatment: stop using the infusion after 3 days of use. **All symptoms resolved.**

Patient presented with similar symptoms a few months after initial symptoms resolved in February.

First Consultation: 03/09/2015

Signs and Symptoms: Phlegmy, mild cough and nausea especially in the morning due to the phlegm.

Treatment: Phlegmatic herbal infusion 1 cup three times daily, laxotabs 10 2 nocte

Second Consultation: 07/09/2015

Signs and Symptoms: Symptoms resolved because the phlegm has cleared

Treatment: stopped using the infusion after four days.

Case Study Report 5

Initials: RA

Age: 65 years

Gender: Female

Dr Name: Rusqua Salasa

Temperament: Sanguinous/Phlegmatic

First Consultation: 24/07/15

Presenting Signs and Symptoms: Influenza symptoms includes runny nose and productive cough which causes urinary incontinence. Pmhx of bladder weakness, had bladder operation and has loss of urinary control, makes use of Adult diaper > 20 yrs

PmHx: HPT, DM, Hypercholestermia

Diagnosis (Humoural/Qualitative Imbalance): Urinary Incontinence and Influenza / phlegmatic imbalance/ Cold & Moist

Treatment: Renotone 2bd, Blackseed 2bd, Flurelief 2tds

*Advised patient TCA 1/52 to try Phlegmatic tea as a stand-alone treatment

Second Consultation: 31/07/15

Signs and Symptoms: Px was highly impressed with Renotone, said that it worked 100% for her, didn't need to use adult diapers, only wears a sanitary towel in case she has loss of urinary control

Treatment: Phlegmatic infusion 1tsp tds, laxotabs 2nocto, Renotone 2bd

Third Consultation: 07/08/15 (Telephonic)

Signs and Symptoms: Still very pleased with her results, feels that that tea and Renotone combination works well, also noticed that the tea created nice bowel movements

Fourth consultation: 27/08/2015

Signs and Symptoms: Controlled urine. Still wears sanitary towels. No incontinence, even when coughing.

Case Study Report 6

Initials: S.C

Age: 66

Gender: F

Dr Name: Mohammed Slarmie, Rusqua Salasa

Temperament: Sanguinous/ Phlegmatic

First Consultation: 03/06/2015

Presenting Signs and Symptoms: Painful right shoulder: painful when raising shoulder, lower back pain, diagnosed with Arthritis, borderline blood pressure 140/90

Diagnosis (Humoural/Qualitative Imbalance): C+D Melancholic imbalance

Treatment: Melancholic herbal infusion 1 cup three times per day

Rumaflam tablets 30 2tds, rumamix 15g. Given due to severity of pain. Dry cupping: shoulder

Second Consultation: 17/06/15

Signs and Symptoms: shoulder pain decreased, arm pain decreased, able to lift the arm, FROM of arm. Patient used the meds 3 days after using the melancholic infusion. Blood pressure, 139/85

Treatment: Melancholic herbal infusion 1 cup twice daily, Laxotabs 10

Third Consultation: 22/ 07/15

Signs and Symptoms: Pain started in the shoulder after the herbal infusion completed. Blood pressure controlled. 126/79

Treatment: Melancholic herbal infusion, laxotabs 10

Fourth Consultation: Telephonic consult: **07/08/2015**

Signs and Symptoms: shoulder pain resolved after using the melancholic herbal infusion twice daily. Patient would like to continue using herbal infusion if pain persists as she feels that it helps her.

Treatment: resolved

Case Study Report 7

Initials: AA

Age: 57 yrs.

Gender: Female

Dr Name: Mohammed Slarmie

Temperament: Sanguinous/Phlegmatic

First Consultation: 02 June 2015

Presenting Signs and Symptoms: Left eye does not blink or close, mouth is twisted on the left side, tongue is sore on the left side, this occurred on the 01 June 2015 on awakening

Diagnosis (Humoural/Qualitative Imbalance): Bell's Palsy (Cold & Moist) – Phlegmatic

Treatment: Phlegmatic Herbal Infusion 1 teaspoon BD Laxotabs 2 OD

Second Consultation: 06 June 2015

Signs and Symptoms: Patient exhibits less paralysis of the left side of her face, no lid lag retraction of her eyelid, tongue on the left side; no pain or slurred speech, throbbing along the affected area.

She took 2 teaspoons of the Phlegmatic Herbal Infusion BD, instead of 1 teaspoon BD.

Treatment: Phlegmatic Herbal infusion 1 Teaspoon BD & Laxotabs 2 OD

Third Consultation: 15 June 2015

Signs and Symptoms: Patient speech improved, facial paralysis has resolved.

Treatment: None

Research completed

Case Study Report 8

Initials: A.X.

Age: 44

Gender: Female

Dr Name: Anisha Allie

Temperament: Sanguinous/Phlegmatic

First Consultation: 04/06/15

Presenting Signs and Symptoms: Lower backache radiating pain into the upper back, intermittent pain, alleviated by sitting, aggravated by standing, morning stiffness- worse in the morning, morning stiffness relieves after an hour, swollen fingers. 3/ 12. Weakness of the hands, unable to clench a fist

Diagnosis (Humoural/Qualitative Imbalance): Cold & Dry

Treatment: Melancholic infusion 1 tsp twice daily

Second Consultation: 09/06/15

Signs and Symptoms: backache improved but still present on waking up, swelling resolved, patient reports feeling really well, able to use her hands much more than before with minimal stiffness

Treatment: Melancholic infusion half tsp twice daily for a week

Third Consultation: 15/06/15

Signs and Symptoms: Greater improvement from the 1st visit, still no pain or swelling in the hands, backache is almost completely gone, very happy using the infusion

Treatment: Melancholic infusion half teaspoon twice daily.

Fourth Consultation: 22/06/15 (telephonic consult)

Signs and Symptoms: Patient stopped using the infusion on the 18/06/2015 due to all the symptoms resolving.

Case Study Report 9

Initials: T **Age:** 52 years **Gender:** Female **Dr Name:** Yumna Abrahams

Temperament: Sanguinous/Phlegmatic

First Consultation: 04/02/15

Presenting Signs and Symptoms: lameness, radiating from the lower back down into the right leg, painful lower back, leg painful when sitting or standing for too long, recurrent problem and is worse when it is cold, limping due to pain, overweight.

Pmhx: Arthritis

Diagnosis (Humoural/Qualitative Imbalance): Abnormal phlegmatic imbalance/ Cold & Dry

Treatment: Melancholic herbal infusion, 1 cup twice daily.

Dry cupping b15 and down the right leg

Second Consultation: 11/02/15

Signs and Symptoms: Pain felt a bit better after the dry cupping but relief only lasted for a day. Patient used the infusion which alleviated the pain and resolved after 4 days of using the infusion twice daily.

Case Study Report 10

Initials: F **Age:** 60 years **Gender:** Female **Dr Name:** James Suteka

Temperament: Sanguinous/Phlegmatic

First Consultation: 24/08/15

Presenting Signs and Symptoms: Persistent frontal headaches, radiating to the eyes, worse in the mornings and evenings accompanied by dizziness, congested nose which is worse in the morning. Puffiness below the eyes, nasal congestion observed. Bp: 160/90

Pmhx: Hypertension, sinusitis

Diagnosis (Humoural/Qualitative Imbalance): Abnormal sanguinous imbalance m+h/ Phleg imbalance

Treatment: Phlegmatic herbal infusion, 1 cup three times daily, renotone 15 2bd, laxotabs 10 2 nocte

Second Consultation: 26/08/15

Signs and Symptoms: headaches have become milder, eyes has become less puffy, sinus non tender, no dizziness. Bp 156/86

Treatment: Phlegmatic herbal infusion, 2 tsp per cup three times daily, renotone 15 2bd, laxotabs 10 2 nocte

Third Consultation: 31/08/15

Signs and Symptoms: all symptoms resolved. Bp 140/80

Treatment: discontinued

Case Study Report 11

Initials: ZP

Age: 36 years

Gender: Female

Dr Name: Fathima Osman

Temperament: Phlegmatic/Sanguinous

First Consultation: 11/06/2015

Presenting Signs and Symptoms: Swollen eyelid, itching behind the eyes, constipation , stomach cramps

Diagnosis (Humoural/Qualitative Imbalance): Coldness and Moisture (Phlegmatic imbalance)

Treatment: Phlegmatic infusion 1tsp 2 x daily and Laxotabs 10 1 daily

Second Consultation: 15/06/15 (phone call review)

Signs and Symptoms: Patient reported symptoms have dissipated specifically the swelling of the eye, patient feels her energy has improved, no side effects mentioned

Treatment: Patient advised to continue with herbal infusion and return for a check-up.

Third Consultation: 18/06/15

Signs and Symptoms: Swelling of eye completely reduced (within two days), itching of the eye (which persisted for a year) completely dissipated, bowel movements still irregular (twice a week, but consistency is soft without a struggle), abdominal cramps seized completely (within three days), patient reports improved energy levels, felt the tea yielded results quickly, patient increased water intake (1.5L daily)

Treatment: None as resolution has been achieved

Case Study Report 12

Initials: X

Age: 36

Gender: Female

Dr Name: Anisha Allie

Temperament: Bilious/Sanguinous

First Consultation: 22/05/15

Presenting Signs and Symptoms: dry mouth, mouth ulcers, constipated- chronic (currently using garcinia which aids bowel movement), stress and anxiety- work related, bleeding gums, halitosis, constantly feeling hot- and sweats. Mouth ulcers.

Pmhx: cosmetic surgery, tummy tuck , liposuction, chemical peel, full breast augmentation, teeth and hair line done over, tonsillectomy, history of drug use/ narcotics, social drinker

Diagnosis (Humoural/Qualitative Imbalance): Hot and Dry/ Bilious humour

Treatment: Bilious herbal infusion 1 tsp twice daily

Meds given to assist Physis and provide relief: stress away 2tds, gastrone 2tds, gumtone 15g

Dry cupping: B1- B5, A8-A9

Second Consultation: 25/05/15

Signs and Symptoms: was advised to start the Infusion and meds concurrently, however the patient took the initiative to start the infusion in isolation. Abdomen no longer felt bloated, stools were being passed much easier than previously, stress levels seemed to have reduced a bit.

Treatment: Continued with Bilious herbal infusion.

Third Consultation: 27/05/2015

Signs and Symptoms: Patient reduced the dosage to half teaspoon per cup to last till she comes to collect her infusion, bleeding gums has reduced but was still occurring, halitosis still present, increased water intake because of having to take the infusion, mouth dryness improved, mouth ulcers cleared after 5 days

Treatment: Bilious herbal infusion half teaspoon twice daily per cup

Fourth Consultation: 01/06/15

Signs and Symptoms: Almost all of her initial symptoms had cleared completely, patient will collect more infusion.

Treatment: nil

Fifth Consultation: 03/06/15

Unable to collect infusion, due to work.

Case Study Report 13

Initials: F **Age:** 58 **Gender:** Female **Dr Name:** Beatrice Mukarwego, Yumna Abrahams

Temperament: Sanguinous/Bilious

First Consultation: 25/05/15

Presenting Signs and Symptoms: migraines which affects the eyes, leg pain, vaginal brownish discharge, stressed, panic attacks, extreme pain, difficulty sitting and when moving, leucocytes 3+

Pmhx: arthritis, depression, hypercholesterolemia

Diagnosis (Humoural/Qualitative Imbalance): Bilious / melancholic imbalance

Treatment: Bilious herbal infusion

Meds: Antiflam 2tds/ tissue salt 8 4tds

Therapeutics: Dry cupping due to intense pain.

Second Consultation: 05/06/2015

Signs and Symptoms: after dry cupping patient had a bit of relief, vaginal discharge cleared after 3 days of using the infusion. Back pain still comes and goes, left hip is worse in the morning when walking, but right hip is also painful due to an old injury. Leucocytes 1+. Slight trace.

Diagnosis (Humoral / qualitative imbalance): melancholic imbalance

Treatment: Melancholic herbal infusion 1 tsp twice daily for a week.

Third Consultation: 11/06/2015

Signs and Symptoms: No panic attack since using the infusion, pain has resolved, very happy about the infusions.

Treatment: discontinued

Case Study Report 14

Initials: BD **Age:** 58 years **Gender:** MALE **Dr Name:** Fathima Osman

Temperament: Sanguinous/Bilious

First Consultation: 19/06/2015

Presenting Signs and Symptoms: Abdominal cramps, temporal headaches, leg pain, gassy stomach, burning worse on empty stomach for a year. Used tibb medication before (gastrone, digest it, endemali) winds and gas was still present.

Diagnosis (Humoural/Qualitative Imbalance): Abnormal bilious /dryness and heat.

Treatment: Melancholic infusion 1 tsp tds

Second Consultation: 22/06/2015

Signs and Symptoms: stiffness in the leg still present. Stomach pain has decreased. Patient used Gaviscon when stomach pain became worse. Gassy sensation decreased. Headaches settled, leg pain still persists

Treatment: Bilious herbal infusion 1tsp twice daily

Third Consultation: 24 / 06/ 2015

Signs and Symptoms: stomach pain decreased in pain and describes it is a slight discomfort, still has winds, stomach feels harder, leg pain remained the same, Burning sensation has settled.

Treatment: laxotabs 10 1 daily, renotone 15 2bd

Dry cupping: Le9, le10, le13, le7

Fourth Consultation: 27/ 06/ 2015

Signs and Symptoms: Cupping helped the leg for one day only pain returned, stomach hardness subsided, stomach pain subsided bloated abdomen settled, Burning sensation only occurs when the hungry / empty stomach.

Case Study Report 15

Initials: SC **Age:** 70 years **Gender:** Female **Dr Name:** Raeesa Hassen

Temperament: Sanguinous/Phlegmatic

First Consultation: 02/09/15

Presenting Signs and Symptoms: back feeling cold, dizziness, constipation, ankle and finger edema.

Pmhx: Hypertension, Arthritis

Diagnosis (Humoural/Qualitative Imbalance): Melancholic imbalance

Treatment: Melancholic herbal infusion 1tsp per cup 3 x daily, renotone 15 2 bd, laxotabs 10 2 nocte

Second Consultation: 07/09/15

Signs and Symptoms: Stomach regulated, bowel movements improved. Very happy about using the infusion. Blood pressure controlled 118/60. Ankle edema has settled, finger edema improved, cold feeling in the back and the dizziness has settled.

Treatment: Melancholic infusion. 1 tsp three times daily, renotone 15 2 bd, laxotabs 10 2 nocte

Third Consultation: 14/09/15

Signs and Symptoms: Bp regulated 120/80, SOB only when walking, ankle and finger edema resolved. Cold back settled and bowl movements are good. Arthritis pains settled.

Case Study Report 16

Initials: AE

Age: 64 years

Gender: Female

Dr Name: Yumna Abrahams

Temperament: Melancholic/Phlegmatic

First Consultation: 18/ 08/2015

Presenting Signs and Symptoms: bloating sensation in the morning, very gassy, hypercholesterolemia. Arthritic deformities, muscular pain. Cholesterol level: 6.77, Bp: 136/80. Patient noted that her cholesterol screening level was HI (>7.99) 3 months ago, when she came for a consult.

Diagnosis (Humoural/Qualitative Imbalance): Cold & Dry / melancholic imbalance

Treatment: Melancholic herbal infusion 1tsp twice daily, laxotabs 10 2 daily

Second Consultation: 25/08/15

Signs and Symptoms: Bloating sensation improved, bowel movements have become regular daily, muscular pain has settled. Cholesterol: 7.13 Bp: 130/70. Had fasted the day before and consume red meat the evening before. Cholesterol screening level increased.

Treatment: Melancholic herbal infusion, increased the dosage. 1 tsp three times per day .Laxotabs 10 2 nocte, Renotone 15 2bd.

Third Consultation: 01/08/15

Signs and Symptoms: Bloating sensation decreased, bowels are still regular. Cholesterol: 6,74 Bp: 120/70. Cholesterol screening level decreased.

Treatment: Melancholic herbal infusion 1tsp three times daily, laxotabs 10 2 nocte, renotone 15 2bd

Fourth Consultation: 08/09/15

Signs and Symptoms: Bloating sensation settled. Appetite has increased, regular bowels. Cholesterol: 6.39 Bp: 128/80. Cholesterol screening level decreased.

Treatment: Phlegmatic herbal infusion 1tsp three times per day, laxotabs 10 2 nocte, renotone 15 2bd.

Fifth consultation: 15/9/15

Signs and Symptoms: Bloating settled. Appetite has increased, regular bowels. Cholesterol: 5.87 Bp:120/80. (had consumed foods such as samosas and doughnuts 2 days before coming for her consult) Cholesterol screening level continued to decrease.

Treatment: Phlegmatic herbal infusion 1tsp three times per day, laxotabs 10 2 nocte, renotone 15 2bd.

Sixth consultation: 22/9/15

Signs and Symptoms: Bp: 126/80, Cholesterol: 7.08. Patient had been fasting for 10 days. Reduced the infusion dosage to two cups per day due to fasting.

Treatment: Melancholic herbal infusion 1 cup three times daily, laxotabs 2 nocte, renotone 15 1 bd.

Case Study Report 17

Initials: GP **Age:** 37 years **Gender:** Female **Dr Name:** Beatrice Mukarwego

Temperament: Phlegmatic/Melancholic

First Consultation: 20/08/15

Presenting Signs and Symptoms: Tingling sensation in the ear, sneezing, frontal headaches, congested nose, sometimes runny, non-productive cough, non-radiating lower back pain, inflamed throat.

Diagnosis (Humoural/Qualitative Imbalance): Phlegmatic imbalance

Treatment: Phlegmatic herbal infusion 1 tsp per three times daily, Renotone 15 2bd, Laxotabs 10 2 nocte

Second Consultation: 21/08/15

Signs and Symptoms: Tingling, frontal headache, congested nose resolved, runny nose persists and lower back pain

Treatment: Advised to continue with herbal infusion.

Third Consultation: 26/08/15

Signs and Symptoms: lower back pain resolved, runny nose resolved.

Case Study Report 18

Initials: EN **Age:** 70 **Gender:** F **Dr Name:** Yumna Abrahams

Temperament: Phlegmatic/Melancholic

First Consultation: 03/ 9/2015

Presenting Signs and Symptoms: Abdominal cramps, constipated often, currently constipated for 3 weeks, flatulence.

PMHX: Asthma, underactive thyroid, hypertension, constipation.

Diagnosis (Humoural/Qualitative Imbalance): Melancholic imbalance

Treatment: Melancholic infusion 1 tsp three times per day, renotone 15 2bd, laxotabs 10 2 nocte

Second Consultation: 08/09/2015

Signs and Symptoms: After 5 days of using Melancholic herbal infusion, patient reports that she had 3 bowel movements which was soft. Infusion completed. Flatulence has improved and has become less. Arthritis is starting to act up and generally takes 3 Tramadol per day. Advised patient to continue with herbal infusion and referred for dry cupping for her lower back. Cupping alleviated the back pain.

Treatment: Melancholic herbal infusion 1 cup three times per day, laxotabs 10 2 nocte, renotone 15 2bd. Dry cupping B1- B5, B15

Third Consultation: 17/09/2016 (Telephonic consult)

Signs and Symptoms: No complaints about her bowel movements, not struggling to pass, flatulence settled. Wants to come for a follow up in a month to assist with her Asthma, patient relocated. Infusion completed.

Case Study Report 19

Initials: MV

Age: 40 years

Gender: Female

Dr Name: Fathima Osman

Temperament: Sanguinous/Bilious

First Consultation: 22/06/15

Presenting Signs and Symptoms: uncomfortable upper back pain. Painful limbs. Worse at night when sleeping. Pain worse when it is cold. Stressed. Constipated.

Diagnosis (Humoural/Qualitative Imbalance): Cold & Dry

Treatment: Melancholic herbal infusion 1tsp twice daily

Second Consultation: 19/06/15

Signs and Symptoms: Infusion helped with the upper back and leg, only took tablets two evenings because due to increased shoulder pain. Bowel movements improved, stools became soft, had one every second day.

Treatment: Melancholic herbal infusion 1 tsp twice daily laxotabs 10 2 nocte

Referred for dry cupping for the shoulder

Third Consultation: 05/06/15

Signs and Symptoms: Sleep has improved, had pain once only due to cold weather, nature of the pain changed as well as intensity - pain improved. Stress levels are good. Constipation still resolved.

Case Study Report 20

Initials: V

Age: 55 years

Gender: Female

Dr Name: Beatrice Mukarwego

Temperament: Sanguinous/Phlegmatic

First Consultation: 02/04/15

Presenting Signs and Symptoms: Right knee pain, bilateral crepitus in the knees, worse during winter, knee injury in 1992, using a knee guard as support. Stressful lifestyle, walks 40 minutes twice daily.

Diagnosis (Humoural/Qualitative Imbalance): Cold & Dry

Treatment: Melancholic herbal infusion 1tsp twice daily

Second Consultation: 04/04/15

Signs and Symptoms: Right knee pain reduced, crepitus still present, stopped using the knee guard. Pain relief felt after the first day of using the tea.

Treatment: Melancholic herbal infusion 1 tsp twice daily

Third Consultation: 09/04/15

Signs and Symptoms: Pain in the right knee completely resolved, crepitus still present.

Case Study Report 21

Initials: D

Age: 22 years

Gender: Female

Dr Name: Beatrice Mukarwego

Temperament: Melancholic/Bilious

First Consultation: 02/04/15

Presenting Signs and Symptoms: Bilateral knee pain for 2/52. Bilateral crepitus in the knees. Painful when walking. Starting to affect daily activities

Diagnosis (Humoural/Qualitative Imbalance): Melancholic imbalance/ Cold & Dry

Treatment: Melancholic infusion 1 tsp twice daily

Second Consultation: 03/04/15

Signs and Symptoms: less pain, crepitus still present.

Treatment: Melancholic infusion 1 tsp twice daily.

Third Consultation: 09/04/15

Signs and Symptoms: pain resolved, walking without difficulty, crepitus still present.

Case Study Report 22

Initials: ML

Age: 44 years

Gender: Female

Dr Name: Anisha Allie

Temperament: Sanguinous/Phlegmatic

First Consultation: 02/06/15

Presenting Signs and Symptoms: lower backache which is worse in the morning, radiates into the upper back, intermittent pain.

Diagnosis (Humoural/Qualitative Imbalance): Cold & Dry

Treatment: Melancholic herbal infusion 1 tsp twice daily

Second Consultation: 09/06/15

Signs and Symptoms: backache improved but not completely resolved, pain is less, no stiffness of hands-FROM. No swelling.

Treatment: Melancholic Herbal infusion half teaspoon twice daily

Third Consultation: 15/06/15 (telephonic review)

Signs and Symptoms: greater improvement in back pain.

Treatment: Melancholic infusion half teaspoon twice daily

Fourth Consultation: 22/06/15

Signs and Symptoms: All symptoms resolved.

Case Study Report 23

Initials: H T

Age: 35 years

Gender: female

Dr Name: Beatrice Mukarwego

Temperament: Phlegmatic/Sanguinous

First Consultation: 07/09/15

Presenting Signs and Symptoms: Burning pain under feet, both feet swollen, unable to wear closed shoes due to edema, menstruating. Bp controlled.

Diagnosis (Humoural/Qualitative Imbalance): Phlegmatic imbalance

Treatment: Phlegmatic infusion: 2tsp per cup three times daily, renotone 15- 2BD and Laxotab 10- 2 supper

Second Consultation: 08/09/2015

Signs and symptoms: Burning sensation resolved, feet edema bilaterally decreased and able to wear closed shoes.

Treatment: continued phlegmatic herbal infusion 1tsp in a medium cup TDS, and all tablets given.

Third consultation telephonic (17/09/2015)Telephonic consult

Signs and symptoms: Symptoms resolved within 5 days.